

Pondo Golf



Player / Parent Handbook

Introduction

The goal of Ponderosa High School's Golf Team is to win matches in which we participate, have fun and improve skills. However, we will sacrifice "talent" to maintain high standards in academics, attitude, effort, and trustworthiness. A lack of "talent" can be overcome by a tireless effort and the right attitude.



Mission Statement

Ponderosa golf teammates will be expected to play the game of golf according to the USGA's *The Rules of Golf*.

Further, they will adhere to the USGA's Spirit of Golf, defined as, *"Unlike many sports, golf is played, for the most part, without the supervision of a referee or umpire. The game relies on the integrity of the individual to show consideration for the other players and to abide by the Rules. All players should conduct themselves in disciplined manner, demonstrating courtesy and sportsmanship at all times, irrespective of how competitive they may be. This is the spirit of the game of golf."*

Team Philosophy:

PHS's Golf will follow guidelines provided by Ponderosa High School Athletic Director Tyson Escobar. Team success will take priority over individual success. All athletes will strive to achieve victory at the Varsity level as a team. The best individual players will be placed in order from #1 on down, with the top 6 to 8 (or more) players composing the Varsity squad. Varsity letters will be awarded to varsity players that play at least 50% of the matches. Junior Varsity players (Boys Golf) will compete in the same manner with the intention of moving up to the Varsity level at some time in their high school career. Arriving at the aforementioned positions will result from giving 100% effort in each aspect of practice every day.

Team Goals:

The program hopes to provide a positive experience to as many athletes' as facilities provide for. Individuals will strive to attain and post the lowest score possible at tournaments and these victories will provide a foundation for confidence needed to compete at the top level

in the State of California. Team members will strive towards winning Capital Valley Conference, Masters, Nor-Cals and the State Championship.

Try-outs (Boy's)

PHS Boy's Golf will use 9- hole try-out scores/rounds to determine team membership and placement. The number of rounds will be determined by course availability and weather as these may affect how many tryout rounds are used to determine team membership.

These scores will be combined with a rating in categories listed below to determine team membership.

Each individual wishing to play golf at PHS will be rated on a scale of 1-3 points (3 being best) in the following categories:

1. Overall Swing Evaluation – approach; take away, swing plane, position
2. Attitude, Intensity Level, and Effort
3. Overall Athletic Ability, Competitiveness, Mental Toughness included
4. Coach-ability – Listening, comprehension and adjustment skills
5. Teamwork- The ability to follow team rules and work with teammates.

No scores will be reported out to players. These scores will be used (internally) by the coaching staff to determine team membership.

Commitment – Bruin Pride

Bruin Pride can be defined by four core values: Commitment, Integrity, Perseverance and Respect. Development of these positive characteristics and habits that will be used successfully in golf, as well as throughout life, is Bruin Pride.

Commitment – is to show loyalty. Be a positive person. Don't complain or talk negatively to or about your teammates or coaches. Always be coachable! All players must conduct themselves with class at all times. We must exhibit good sportsmanship at

all times. Every action of a team member reflects on their coaches, teammates and school.

Integrity – is the consistency of actions, values, principles, or expectations. In ethics, integrity is regarded as the quality of having a sense of honesty and truthfulness in regard to motivations of one's actions. In golf all we have is our integrity. We must enforce the rules of golf upon ourselves as well as our opponents. Learn to develop the 'moral courage' to act rightly in the face of opposition when you know the rules of golf have been breached.

Perseverance – is the continued effort to do or achieve something despite difficulties, failure or opposition. Perseverance is an action. So if you are not happy with your golf score, listen to your coaches and get to work. Practice like a winner. Practice is a time to learn and then do. The key to your individual success and our team's success is the total preparation we achieve in practice, we persevere.

Respect – is a positive feeling of esteem for a person and also for specific actions and personal conduct. Words and actions should help to unite, not divide teammates. They should be beneficial and not harmful to our purpose. Words and actions should help strengthen our team, not weaken the leadership of our team. Hazing initiated or condoned by players against others is the easiest way to be removed from this team. Younger players should show respect to older players, and older players should prove themselves worthy of respect by their actions, modeling Bruin Pride.

Rules / Expectations

1. **School-** academic performance is your top priority; you will maintain a 2.0GPA at all times during the course of the season to remain eligible to play golf. Golf is an extra-curricular activity and therefore is an *earned privilege, not a right*.
2. **School Attendance-** In order to participate in a practice, match or tournament, a student-athlete must attend the majority of their classes that school day to participate. Majority is defined as the number of periods not the number of minutes. For example, if you have 7 classes on a Monday schedule then you must attend 4 of these classes.

Also, on block days if you have 3 classes you must attend 2 classes. Failure to attend classes due to illness, even if a student attends part of a day, will result in ineligibility for practice, match or tournament participation that day.

3. **Practice Attendance** - Attendance at all practices, matches and tournaments are mandatory, unless otherwise indicated by the coach. Medical or dental appointments, funerals, weddings, work, field trips and other school-related functions will be considered for an excused absence and participation may be allowed at the discretion of the coach. If an athlete must miss a practice, match or tournament, notification of the coach should be done as far in advance as possible, not the day of the practice, match, or tournament, unless the absence is due to illness. * If an athlete misses a practice, match or tournament and it is considered an **excused** absence, then he may be eligible to start the next practice, match, or tournament. If the athlete misses a practice, match or tournament and it is considered an **unexcused** absence (any other situation than above), the coach's discretion will be used according to the situation, usually the loss of playing time for at least one full match or tournament. **After receiving a copy of the practice and game schedule, an athlete must notify the coach **IMMEDIATELY** concerning any obvious conflicts he/she has with games and/or practices. If any other conflicts arise during the season, the coach should be notified immediately. Conflicts arising from academic needs or personal circumstances should be discussed with a player's coach as soon as the need arises so that arrangements for appropriate accommodations can be made, if possible.
4. We are guests of the Cameron Park membership so we will follow the Golf Course rules:
 - a. No changing of clothes (shoes only) in the parking lot.
 - b. If you are a member, do not purchase any food or drink during practice.
 - c. No denim, wear appropriate golf attire (collared shirt) for the weather conditions.
 - d. Wear a green, white or black practice polo shirts for practice and team shirt on match days.
 - e. No cell phones to be used during practice or matches.
5. **If you will miss practice**, contact the Coach at least 24hr prior to missing practice when possible, so that we can be sure to have enough Tee times scheduled. **Unexcused** or missed practices, without notifying the Coach, will affect playing time because we reward players that attend practices.

6. **Playing time-** Our match, tournament selection process will involve several factors including, best recent scores, practice attendance, and qualifying matches. Serious disrespectful behavior or negative attitude at any time may result in loss of playing time or even dismissal from the team. Players who are late to or have an unexcused absence from a practice, match or tournament risk a loss of playing time. Chronic tardiness or absence may also result in dismissal from the team. Players, who have an unexcused absence from a practice, match or tournament, must sit out the next match in which they are eligible to participate.
7. **Sportsmanship** is a key ingredient in golf. Team members will be expected to show sportsmanship and proper golf etiquette at all times. Each team member is expected to show proper conduct, appearance, and attitude during competition, as they are representing Ponderosa. They will be expected to show respect for all golf course and training facilities, course employees, fellow team members, coaches, and opponents. Profanity, unsportsmanlike conduct (throwing a club), and cheating will not be tolerated. Penalty for a breach of these rules in the CVC is a two stroke penalty; however, some tournaments may have rules that lead to **DISQUALIFICATION**. In addition, failure to meet these honorable expectations consistently could result in additional disciplinary action and or serious consideration for dismissal to be determined at the head coaches' discretion.
8. Socializing is to be kept to a minimum during practices, matches and tournaments.
9. Have your own water bottle. You may fill it at CPCC but don't use their plastic cups.
10. Wear your uniform to school for away matches.
11. Check emails frequently for schedule and procedure updates from the coach.

Playing time – Only six players participate in a match or tournament. So how will we decide which players will make the 'cut'? The entire coaching staff will determine this by using 5 key criteria (**listed alphabetically**):

1. *Consistency of Execution* – Can you play the game of golf CONSISTENTLY; execute nearly the same score round after round. Playing well in practice ultimately means you can play well in matches.
2. *Contribution to the overall team* – Golf is an individual and team sport, so the individual who can motivate his teammates to do better and is always enthusiastic and ready,

willing to make a greater contribution than one whom does not possess this quality. Be a team player.

3. *Mental toughness* – We will discover during practice which players are aggressive and mentally tough. For example, how you recover from a bad start, (say bogie, double bogie, triple bogie), for the first three holes and you fight your way back to end up one under, is what we want to see.
4. *Talent* – The player that has the most talent and can score low will give us the best opportunity for success.

Golf Etiquette

To enjoy the game of golf, each player participates following a code of basic courtesy and friendly conduct. All players strive to maintain proper pace of play and proper care of the golf course.

Use this summary as a guideline:

Care of the course

Rake all bunkers. Replace all divots. (Don't make divots with practice swings.)

On greens, repair all ball marks. Be most careful on the greens—tread lightly; don't damage the hole. In other words, leave the course and particularly the greens in the condition in which you would like to find them.

Safety

Be careful when you swing a club, whether in practice (you might hit someone nearby) or in play (you might also hit your ball into someone). Therefore, don't play until the group in front is out of the way.

Courtesy

Don't move, talk, or stand close to or directly behind a player making a stroke.

Play without delay. Slow play is a huge aggravation.

Leave the putting green as soon as all players in your group have holed out.

Don't step on the line of another player's putt and replace the flagstick when finished.

Parents

PHS Golf encourages parent participation. We want our parents to be a part of this special opportunity. We want to have the best Community Foundation in the County. We do however have to place some restrictions. All practices are closed. Give the head coach and his staff the opportunity to work with our student athletes and be very supportive in doing so. During tournament or match play, parents should consider themselves spectators and fans.

Parents or spectators are **not allowed**:

*if walking: Stay on the cart path or off the fairway if there is no cart path. When players reach the green, you can approach the green to watch, but stay some distance away from the green.

*if riding: a fee is required to rent a cart set by CP pro shop. All carts MUST remain on the cart path and you may NOT provide competitors rides during play.

- *don't help players keep score. (Players are responsible for keeping their scores)
- *to take and/or give any equipment from any golfer at any time.
- *to give any advice to players (how to pay a hole, what club to hit, etc...).
- *to make any or give advice on rulings or to give food or drink to any player.
- *to never touch a player's ball while it is in play.
- * No denim, parents and spectators should wear appropriate golf attire (collared shirt, tucked in pants) for the weather conditions.

Parents or spectators are **allowed** to:

- *encourage all players.
- *help all players find lost balls.
- *take photographs, hopefully in a way as to not interfere with play.

Tournament Preparation for High School Golfers

By: Jim Rollins - Golf Coach, Bethel-Tate High School, Bethel, Ohio

Golf at any level of competition requires much work and preparation that must begin well in advance of the competition date. The advance preparation must place emphasis on all practice sessions, practice rounds, matches and all other golf related activities in order for the high school golfer to be successful in tournament play.

The final measure of success will sometimes depend on the post-season tournament. These post-season tournaments are important criteria for the college coach looking for low numbers. The high school golfer should strive for consistency throughout the season. Advance preparation, hard work and dedication will help deliver the consistency necessary to help the young golfer through a below-average day as far as striking the ball is concerned. Work hard on all phases of the game and be prepared for all challenges. The following ideas will not make the player an instant winner but they will be very important to the dedicated individual who will find time to prepare himself properly. We all want to do our best at tournament time but we must realize that there will be another day if we play up to our capabilities.

GENERAL PREPARATIONS

- Know local and USGA rules. Keep a rule book in your golf bag.
- Clean your equipment.
- Dress like a winner.
- Get plenty of rest leading up to the event (2-3 days in advance).
- Watch your diet – you need to feel light.

- Work hard during the lead-up schedule.
- Learn from each individual during the season.
- Work to make your short game sharp.
- Prepare yourself by competing in club, local, state and national tournaments.
- Know and stay with the fundamentals.
- Don't change your game just prior to a tournament.
- Read and know all tournament procedures.
- Think tournament time.
- Play the course at least once.
- Visualize playing the course.
- Be physically and mentally fit.

TOURNAMENT DAY PROCEDURES

- Awake early enough to avoid rushing.
- Never rush anything on tournament day.
- Develop a routine and stay organized.
- Don't alter your routine.
- Relax and stay positive.
- Worrying won't help the outcome.
- Eat light.
- Check your equipment (remember the 14 club limit).
- Read registration material.
- Find time for mother-nature.
- In checking your equipment, be sure you have the following: 1) driver, 2) wedge, and 3) putter.

WARM UP

- Plan your warm-up.
- Use warm-up exercises that will loosen all parts of the body, especially the fingers and hands, arms and shoulders, and the hips and legs.
- Choose the exercises that relax you the most.
- Think positive – warm up the mind.
- Warming up does not solve problems. Make it a loosening-up procedure.

- Don't wear yourself out during warm-up. 15-30 minutes is usually enough.
- On the range, start with the wedge and finish with the driver.
- Finish with the club that you will use in teeing up.
- 25 balls will develop timing through good rhythm.
- Get the feel on the range.
- It is very important to find and realize a good rhythm and tempo since these will differ from day to day, round to round.
- Go to the practice green last.
- Check your equipment before going to the first tee.
- Are you prepared mentally and physically?
- Think tournament time.

FIRST TEE PREPARATION

- Relax and pace yourself on the first tee.
- Report at least five minutes early.
- Think positive.
- Don't alter your routine.
- Identify your ball (mark it).
- Number one is the first hole, not the final. Play each shot and each hole one at a time.
- There will be no driving champion recognized. Position is the name of the game.
- Meet your opponent – the course.
- Be comfortable. If not, start over. Don't rush – you have earned the right to play. Hit it toward a target.
- Expect to be somewhat nervous. If you are not, go back home because you aren't ready to play.

STRATEGY AND THE ROUND

- Use proper etiquette at all times.
- Think positive. Fundamentally sound players are good players.
- Hard work and dedication bring luck.
- Soundness will outweigh luck.
- Your enthusiasm and positive thinking are important regardless of the odds.

- Always keep your composure. The following suffer if you don't: 1) you, 2) the course, 3) your playing partner, 4) your team, 5) your school, 6) your coach and 7) your parents. Think about it!
- Concentration is a must.
- Know your distances for each shot. Play for position.
- Stay below the cup in most situations.
- Hit to the middle when the pin is tucked.
- The most important shots of the short game are the up and downs and the 3 to 4 foot putts.
- Think out every shot. Study all situations.
- Believe in yourself.
- Realize your shot capabilities.
- Your mental outlook will determine your success after you have mastered the fundamentals.
- Forget the bad shots.
- Plan your recovery well when in trouble.
- Practice recovery shots.
- Play for position on your drives. Always consider your approach to the green.
- One bad shot sometimes leads to another. This is caused by an improper attitude.
- Curb frustration after a bad shot.
- Getting out of trouble is sometimes more mental than physical.
- Don't let pride or stubbornness stand in the way of a good shot.
- Your toughest opponent is the course.
- Your biggest obstacle is your mental attitude.
- Your first thoughts are usually correct.
- Never give up.
- Think tournament time!
- Don't load yourself down between 9's with food.

PRESSURE

- Try not to tense up in fear of error. You will make mistakes during your round so accept this fact. Be determined to shrug these off.
- Keep a "thick skin".
- Realize that you will only hit so many shots as planned.
- Keep fingers extended between shots. Tight muscles build tension.

- Release tension by talking.
- Make your decision and then make your shot. Don't freeze over the ball.

POST-ROUND

- Show maturity and class at all times.
- Check and sign your card. (Go directly to the scoreboard after your round.) - No excuses, your score tells it all.
- Discuss your round with your coach if asked.
- When analyzing your round, consider your average, the course and conditions.
- Ask yourself these questions:
 - Did I prepare?
 - Did I give my best effort?
 - Did I lose my composure at any time?
 - Did I play every shot as though it were for the win?
 - Did I use proper golf etiquette at all times?

Ponderosa High School Golf

Ponderosa Golf Player / Parent Handbook

To be eligible to play you and your **parent/guardian** must sign and return this page to Coach King ASAP.

I, _____, along with my parents / guardian, have read and agree to follow all the rules, regulations and policies described in all 14 pages (containing 3,432 words, go ahead, count them!) of the Ponderosa Golf Player / Parent Handbook.

_____ Date _____

Player Signature

_____ Date _____

Parent / Guardian Signature

Thank you,

Coach King

